Ten years ago, Capital Roots revolutionized the way the Capital Region thought, planned and talked about access to fresh and affordable produce. We bought a box truck, big enough to store a grocery aisle worth of produce, but nimble enough to navigate the cobblestone streets during Upstate New York winters. We attached solar panels to create environmentally friendly energy to power the truck’s coolers and installed a sound system that could rival any ice cream truck to let our neighbors know that we were here for them. Finally, we lined the shelves with quality and affordable produce.

In our first year, we traveled to seven locations in Rensselaer, Schenectady and Albany counties. In 2007, by collaborating with communities across the region, we learned what people wanted to eat and in what ways we could best bridge the gap of food security in the Capital Region.

“People thought we were crazy,” says Chief Executive Officer Amy Klein. “They didn’t think it would work, but we knew our communities needed this and over the years that became so much more evident.”

Ten years later, we’ve expanded to more than 20 locations, adding southern Saratoga County to our roster while adjusting our schedule to best reflect our customers’ needs. We accept all sorts of payments, including cash and check but also EBT/SNAP, Farmers Market Nutrition Program checks and WIC Fruit and Vegetable checks. And throughout the years our redemption rates have steadily climbed. Regardless of socioeconomic status, our neighbors have year-round access to healthy, affordable fruits and veggies.

Audrey Bridge, Capital Roots Mobile Market Coordinator, says... Continued on Page 3
We grow, educate and provide.
From the opening of its first gardens in 1975, to the dynamic and multifaceted organization of today, Capital Roots has worked to reduce the impact of poor nutrition on public health in the Capital Region. We organize community gardens, improve access to healthy food, offer nutrition and horticulture education for all ages and coordinate urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga counties.
we have built strong connections to the people we serve through this program.

“As we have grown as an organization, our one constant has always been our Veggie Mobile® community,” she says. “Our community is marked by our transformation from a box truck to a local and reliable year-round market. It’s a place where there are never too many questions, and you will always be greeted with a friendly smile. We have found that food, in all of its forms, can build community. And that access to choice and quality have turned customers into family.”

It’s this passion for service that keeps the Capital Roots team “trucking” day in and day out. As Capital Roots moves into our second decade of work on the Veggie Mobile®, this milestone reminds us to look back to what our mobile market truly means.

“It’s not about proving ourselves,” Audrey says, “rather, it’s about working with local communities to ensure people have the best experience possible and the best produce possible.”

We look forward to the many new adventures ahead. We are excited about building new partnerships, serving more communities, and meeting new customers. After all, they are the reason we are here.

**Capital Roots Launches Smart Vending Program**

Capital Roots is gratified to announce the launch of our newest food access program, Smart Vending. This effort brings healthy snacks and increased education to customers who are purchasing food on-the-go. Our Smart Vending program is working with local organizations, businesses, and government agencies to make small changes that will have a big impact on how people engage with nutritionally sound foods and live healthier lives.

The Smart Vending program is a collaboration between Capital Roots and a handful of family-owned businesses based in the Capital Region. These small businesses focus on healthy vending machines and have experience working with schools, universities and private businesses. Capital Roots identifies potential workplaces in the community that might benefit from changes to their vending machines and connects these sites with a vending partner that will best suit their needs. Ultimately, sites receive healthier food options that meet nutritional standards for salt, fat, and calories per serving, local family-owned businesses grow their bottom line, and Capital Roots creates unique and engaging educational materials installed in and around vending machines to encourage customers to make healthier choices.

We have developed two ways for our partners to make positive changes to enhance their vending options for employees or customers. First, we can connect potential sites with a brand new vending machine which may either be their first or a healthier alternative to a unit already in place. Our other option is to work with existing vending machines and their suppliers to source, stock and place healthier alternatives and provide educational materials to help customers choose more nutritious options. No matter how a partner would like to engage with Smart Vending, we make healthy delicious. Smart options can still include fizzy drinks and sweets.

Our inaugural partners in the Smart Vending program include two branches of the Albany Public Library, at the Arbor Hill and Howe locations, as well as our first educational partner at the Albany Leadership Charter High School for Girls.

If you think your current machine needs a “healthy makeover” or if you would like to bring a new unit into your workplace or organization, contact Bekah, our Healthy Retail Organizer, at healthyretail@capitalroots.org. After a quick needs assessment, we can create a custom solution that’s sure to be beneficial and delicious.

Honor the Veggie Mobile® today with a gift.
Visit www.capitalroots.org to make your gift online or fill out the donation form on Page 11.
On a 96 degree day in mid-May, without a cloud in the sky, Capital Roots’ Community Gardens staff unloaded boards of Hemlock lumber that they cut to size days before for custom made key-hole shaped raised beds. Truck to garden and back again. Lift. Carry. Drop. Taking breaks, they stapled a weed barrier to the ground. Unroll. Cut. Staple. They were setting the stage before the many helping hands of volunteers from Life.Church arrived to help construct the raised beds and fill them with beautifully rich soil. It was the first day in a project that would continue for the next few weeks. Prior to, and during development, the team was greeted by neighbors, eager to see the vacant lot’s transformation. A bicyclist, traveling from Albany to Cohoes, even stopped en-route, offered kind words of encouragement, and pedaled on.

With the construction of a few raised beds, some gardeners moved in. And a few more raised beds, a few more gardening families. And so on, until there were 11 total. When new gardener Ruth’s elephant and piglet watering cans materialized, the Dean Leith Jr. Memorial garden became all the more lovable and cheerful.

Later in the season, on August 12th which is now recognized as Dean Leith Day in Troy, Dean’s family and friends, community gardeners, Capital Roots staff, and garden neighbors all came together to celebrate Dean’s life during a ribbon-cutting ceremony for the garden. Attendees were invited to take a copy of Dean’s List for Living (see below). Together the crowd sang the Garden Song, “Inch by Inch, row by row, Gonna make this garden grow.” Packets of Sunflower seeds were distributed with essential advice for the gardener; “grow peas of mind, lettuce be thankful, squash selfishness, turnip to help thy neighbor, and always make thyme for loved ones (author unknown)”. New gardener, Raymond was complimented on his beautifully abundant plot and he responded, “All of the seeds and seedlings that I planted came from Capital Roots, at registration and the gardener resource room”.

Capital Roots is working with the community to make this garden, one so special to us, grow. As Mark’s shirt in one of the below photos says, “This is what we do.” This is what Dean, our founder, cultivated. As a community, we will continue nurturing all our gardens and one another.

---

DEAN’S LIST FOR LIVING

1. Make A List, Everyday
2. Hope for the Best
3. Plan for the Worst
4. Never Say No...To Ice Cream
5. Plaid Matches Everything
6. When in doubt make a funny face
7. Wear a hat, Carry a hanky
8. No Smoking!!!!
9. Grow Something: person, place, idea
10. Nurture that person, place, idea
11. Never Ever Ever Give up!
12. Faith is Doing
13. Cultivate Big Picture
14. Attend All Details
15. Fasten Your Seat Belt!
On July 28 around 5pm, Capital Roots’ Chief Executive Officer Amy Klein stood on a small stage in the lot next to the Urban Grow Center singing praises to community members for coming to The Big Veg.

“Tonight will be a night we will remember as we celebrate 10 years of our beloved Veggie Mobile®,” she told the crowd, who cheered and clapped as they set up their chairs and blankets in the field. They were getting ready for an evening of live music and delicious food.

Next to Amy on stage stood a familiar face, Eric Krans, or EJ as we call him, the original Veggie Mobile® coordinator, “Thank you all for coming tonight. I’m thrilled to be back to celebrate this great program.”

EJ and his wife Jen make up The Parlor, a local band with some incredible beats. They, along with six other local musical groups – Kimono Dragons, C.C. Vagabonds, Chill Smith Collective, Raglacci en Masse, WoodchuckWood, and Pony in the Pancake – donated their time and talent to entertain us all on this night. And nearly half of the bands had strong connections to the organization; WoodchuckWood’s main vocals are by none other than Grow Center Planner Matthew Schueler and half of Chill Smith Collective’s duo is Patrick Harris, a former Veggie Mobile® Assistant.

Food and drink vendors that night included Capital Q Smokehouse, Butter & Sugar Co., Emack and Bolio’s, Nine Pin Cider, Flavors of Lebanon, and Rare Form Brewing Company, many of whom have supported Capital Roots through events and other outlets. Guests ate incredible food and went home with Capital Roots merchandise, new vegetable pun themed graphic t-shirts, and photobooth photos donated by Feechur Prez, LLC.

More than 500 guests attended throughout the five-hour event, coming and going as they pleased as there was no admission charge, making this a truly accessible event. Neighbors watched from the windows and yards of their homes. Passers-by stopped in after hearing the music. The Veggie Mobile® herself was open for business with Mobile Market Coordinator Audrey Bridge on board to share great customer service and stories about the ole’ girl’s 10-year legacy.

Dozens of volunteers helped out at the event, manning stations, collecting donations, selling merchandise, and providing low-cost snack options such as ICEE, donated by Coco Mangos; watermelon, donated by Esposito’s Flowers and Produce; and water donated by The Fresh Market, Culligan Water Co., and Moxie’s Llama Waterworks. It was great to see current and former staffers in attendance, along with board members and their families.

We’re so grateful to the companies who donated time, services, or significantly reduced costs so that we could hold such a spectacular event. It was truly a night to remember.
Another busy summer session has rushed past for the Produce Project. Educator, Josh Stephani came on board just before the start of the session, and though Farm Manager, Nell Roberts has a longer tenure, it’s her first summer with the program too. Even with a new leadership duo, the farm looks as beautiful as ever and the program continues to thrive.

Thanks to the robust systems developed in recent years, the able assistance of this summer’s Student Leaders and interns, and a growing cadre of devoted volunteers, the Produce Project has barely missed a beat. Passersby will note how impressive the farm’s flower borders have been this year, allowing us to easily double our cut flower sales.

Our summer farm stand has been booming with the arrival of warm season crops like tomatoes and peppers, while our youth have really benefited from the commitment of past Produce Project members.

Annmarie Navojoski, whose time in the program ended this spring, returned throughout the summer to help train new students on manning the market stand, while our Student Leaders Sha’teira Wall and Siquel Downs have been invaluable in maintaining the Produce Project culture and enthusiasm. With interns Jack and Elaine, and our Seasonal Farm Assistant Pedro Matos, this seasoned seven have created a cheerful and effective leadership team that has made more than one visitor comment on the lighthearted, but polished approach students take to their farm tasks.

Most of our summer students have indicated they want to reapply for the Project’s fall trimester, and Josh and Nell are already planning new activities and field trips, as they put their own unique stamp on a program that continues to benefit from all who came before.

Expanding Services in Schenectady

While Capital Roots has had Veggie Mobile® markets stops, community gardens and Healthy Stores in Schenectady for years, we are expanding our program offerings in the City for more residents and neighbors to enjoy. This fall, we will be increasing our number of Healthy Stores – sponsored by MVP Health Care – to include at least 2 new locations. Currently, we have three stores in the City but we would like to double the number of locations by focusing on other food desert neighborhoods, especially Mont Pleasant and Hamilton Hill. Our Healthy Stores Organizer has been scouting new locations so that more residents will have access to fresh and affordable foods.

Capital Roots is also bringing more of our Healthy Streets work to Schenectady! After a successful pop-up demonstration on Craig Street last year, Capital Roots has developed a plan with Schenectady County to install three new bike fix-it stations throughout the City. This fall, riders will be able to fix their bikes for free at locations near SCCC, the Main Library Branch, and the nearly completed Hillside View Apartments on Craig Street- a Community Builders Project. We are looking forward to working with the City and County on more projects in the future to bring safe and accessible alternative transportation options to residents and develop elements of Schenectady’s Bike Master Plan. Keep an eye out for a new Healthy Store or bike fix-it station in your neighborhood this fall.

Have an idea for a new healthy store location or fix it station?

Contact our Healthy Communities Coordinator at healthycommunities@capitalroots.org.
Thirty years ago, Capital Roots held its very first Spring Brunch. A small potluck of dishes filled a few tables in Troy’s River Street Cafe as a few dozen close friends of a much smaller version of the organization shared a meal to celebrate the season and raise some much-needed funding to help support a couple new community gardens we hoped to build.

Boy, have times changed. Fast forward 30 years, and the Capital Roots team sits in awe at the growth we’ve seen with this event, our longest standing fundraiser.

On May 5, we gathered at our newest event location at the Empire State Plaza Convention Center to welcome 650 of our closest friends and neighbors for an epic buffet of some of the region’s most loved local dishes. No fewer than 125 Capital Region restaurants and individuals donated dishes for our famous ever-changing buffet and dessert table, where every time you venture up, you fill your plate with delicious new items. Guests then stop over to our beverage bar to sip on coffee, tea, juice, mimosas and bloody marys throughout the morning.

More than 165 businesses donated items for this year’s Silent Auction, a record number for the event. Our space was beautified by the donated floral arrangements from flower shops across the region. And let’s not forget our more than 100 volunteers who gave of their time to help us host such a massive celebration. We extend our deepest gratitude to all who were involved.

While the event has surely grown since its first year, one thing remains consistent: it is still an all-hands-on-deck sort of event for our staff. Whether we were a staff of two like we were 30 years ago or a staff of 33 like we are today, every person puts in their time the entire weekend to setup, work, and tear down the event. It reminds us of just how lucky we are to have such a passionate team working with us. Thank you to all of our supporters who made this event such a roaring success!

Thank You to Our Sponsors!
## RESTAURANTS

- 333 Café
- A Natural Way Café
- Aj Rinella Co. Inc.
- The Ale House
- Alexis Diner
- Ali Baba
- Augie’s Family Style Italian Restaurant
- Bacchus Wood-Fired Pizza
- Bad Piggy BBQ
- Beirut Restaurant
- Bella Napoli Bakery
- Black Horse Farms
- Bob’s Diner
- Bongiorno’s Restaurant
- Brickman Inc. Wholesale Fruits & Vegetables
- Bruegger’s Bagel Bakery
- Butter & Sugar Co.
- Café 217
- Café Deli-icious
- Café Italia
- Canali’s Restaurant
- Capital Buffet
- Capital City Diner
- Cardona’s Market
- Carmen’s Café
- Carol’s Place
- Chipotle Mexican Grill
- City Line Bar and Grill
- Corcoran’s Towpath Tavern
- DeFazio Imports
- Deli and Brew
- Dinosaur Bar-B-Que
- Druther’s Brewing Company
- Duncan’s Dairy
- Dutch Desserts
- Emma Cleary’s Café
- Falvo Meats
- First Choice Caribbean American Cuisine
- The Flying Chicken
- The Fountain Restaurant
- Franklin Plaza
- The Fresh Market
- Garden Bistro 24
- Gateway Restaurant
- Gershon’s Deli and Caterers
- Grandma’s Restaurant
- The Greek House
- Green Grocer
- Halfmoon Diner
- Halfmoon Sandwich & Salad Shop
- Hamilton Street Café
- Hannaford Brothers Company
- Hidden Café
- Illium Café
- Irie Vybez
- Jack’s Oyster House
- Joan’s Cake Chateau
- Kabab Masala
- Manory’s Restaurant
- Mild Wally’s
- Moscatiello’s Italian Restaurant
- Mouzon House
- Mr. Subb
- Old Daley Catering
- One Six Five
- Orchard Tavern
- Our Daily Bread
- Pad Thai Noodle
- Pancho’s
- Perreca’s Bakery
- Peter Pause Restaurant
- Pho Queen
- Pika’s Quiche
- Placid Baker
- Positano Importing and Deli
- Psychedelicatessen
- Raggonese Italian Imports
- Reel Seafood Co.
- Risotto
- River Street Café
- Rock Hill Bakehouse
- Roma Imports
- Schuyler Bakery
- Sodexo Services at Sage College
- Sunnee’s Farm and Kitchen
- Sycawey Creamery
- The Taproom at Brown’s Brewing Co.
- Testo’s Italian Restaurant
- Thunder Mountain Curry
- Top’s American Grill Bakery and Bar
- The Towne Tavern
- Troy Country Club Restaurant
- Two Brothers Pizza & Pasta
- Valente’s Vegan Creations
- Verdile’s
- Villa Italia
- Villaggio Pizzeria & Ristorante
- Viva Cinco de Mayo
- The White Apron
- Yonder Farms

## BEVERAGE

- Albany Wine & Spirits
- All Star Wine & Spirits
- Beverage Barn
- Colvin Wine
- Garelick Farms
- Prime at the Plaza
- Spindle City Market
- Spirits of Troy
- Stagecoach Coffee
- Starbucks
- Stewart’s Shops

## FLORAL

- Bountiful Blooms Florist
- Emil J. Nagengast Florist
- Fleurtacious Design
- Flowers by Peshar
- Kathleen’s Designs by the Flower Girl
- Surroundings Floral
- Danker Florist
- Felthousen’s Florist & Greenhouse
- Michele’s Floral Designs
- The Floral Garden
- Laurel’s Flower Shop

## AUCTION DONORS

- 5 Wits
- Ace Hardware of Troy
- Addie’s Trinkets
- Adirondack Avian Expeditions
- Adirondack Rafting Co.
- Adirondack River Outfitters
- Alacrity Frame Workshop/Ruland Loos prints
- Albany Civic Theater, Inc.
- Albany Marriott
- Altamont Wine School
- Archives Partnership Trust
- Aromatics Forumulary
- Ausable Chasm
- Avelada
- Backyard Sheds & Gazebos
- The Balance Loft
- Barrington Stage Co.
- The Beauty Society Salon
- Becker’s Farm
- Bellflower Creations
- Bend of the River Golf Club
- Benmarl Winery
- Bennington Museum
- Berkshire Museum
- Betterbee
- The Bidwell House Museum
- BM&T
- The Boat House
- Bob Fukunory
- The Children’s Museum of Saratoga
- Christina’s Custom Designs and Ryanswood Studio
- Clearwater Festival
- CNW School of Massage Therapy
- CNY Healing Arts & Fusion MedSpa
- Collar City Guitars
- Colonial Cleaners
- Corner Museum of Glass
- The Country Witch
- The Cross Eyed Owl
- CSL Creations
- C-Suite Fitness
- Denise Poute
- Denison Farm
- D-Gater Gourmet Gater
- Dove and Hudson
- Droll Yankees
- Dutch Apple Cruises
- Ellen Tucker-Cohen
- Elms Family Farm
- Emack & Bolio’s
- EMPAC
- Empire Attractions
- Empire State Aerosciences Museum
- Enid Watsky
- Faddegon's Nursery Inc.
- Fitness Artist
- Five Guys
- Flight Trampoline Park
- Flowers by Kate
- Foundry Fitness
- Foxgloves
- Fred Astaire Dance Studio
- French’s Hollow Fairways
- Frozen Ropes
- Galway Golf Club
- Garden Metal Art
- Glimmerglass Festival
- Gourmet Creations
- Great Flats Brewery
- Greenbush YMCA
- The Hair Jewel
- Halfmoon Works
- Hampton Inn and Suites
- Albany Downtown
- Hancock Shaker Village
- Heart Space Yoga
- Heldenberg Meadworks
- Henry Hudson Planetarium
- Hewitt’s Garden Centers
- Hidden Meadows Golf Course, Inc.
- Hillcrest Golf & Country Club
- Historic Deerfield
- The Hilton Garden Inn, Troy
- Hoffman Development Corporation
- Home Made Theatre
- Honest Weight Food Coop
- Hudson-Chatham Winery
- Imaginative Creations
- iSmile Studios
- Jacob’s Pillow Dance
- JK Bloom Jewelers
- Kadco USA
- Kaleidoscopes by Nedrea
- Kripalu Center
- La Serre
- The Landis Arboretum
- Lake George Shoreline Cruises
- Lake George Steamboat Company
- Lakeland Winery
- Lakonia Greek Products
- Laughing Earth Farm
- Lime Berry Wine
- The Linda
- Locust Grove Estate
- Lynne Puhalla Studios
- Magic Wings Butterfly Conservatory
- Mama Mia’s
- Marra’s Pharmacy
- Mary LaFleur
- MassMoCA
- Matthew McElligott
- McGuire’s
- Mid Hudson Mycological Association
- Millbrook Vineyards & Winery
- Mirror Lake Inn Resort & Spa
- The Music Studio
- National Baseball Hall of Fame
- New England Cheesemaking Supply Co.
- Norman Rockwell Museum
- NY Giants
- Old Songs Festival
- OMG Jewelry Cleaner
- Open Door Bookstore
- Organnie’s
- Otis Ridge
- Pauline Kamen Miller and Fred Miller
- Pazdar Winery
- Peanut Principle
- Peter Bowden
- Saratoga Sod Farm
- Segel Violins & A Place for Art Gallery
- Sidney Albert Albany County Jewish Community Center
- The Silver Seashell
- The Silver Zoo
- Spa Virgo Massage & Bodyworks
- SPAC
- Spear Head Spade
- Standing Stone Vineyards
- SUNY Poly Children’s Museum of Science and Technology
- Sweet Tree Farm
- T & J Soap
- Texas Roadhouse
- Threm Institute at Sage
- Thousand Islands Winery
- Tomato Snaps
- Top Custom Jewelers
- Touchstone Ceramics
- The Town Tinker
- Trader Joe’s
- Travelers Championship
- Tree Paad
- Tri City Valley Cats
- Troy waterfront Farmer’s Market
- The Trustees of Reservations
- Tubby Tubes
- USS Slater
- VIA Aquarium
- Wal-Mart
- Warren Tire Service
- Wellington Herbs & Spices
- Wellness Roots Accentupuncture and Massage Therapy
- Whole Foods
- The Wild Center
- World’s Coolest Rain Gauge
- Wunderbar
- Yoga Loft
- Zero Gravity
Contributions From Our Friends

The following donations were received between March 2017 – July 2017

HARVEST HELPERS  
(monthly supporters)

Karen Beck  
Carole Borgerding  
Dinah Crossway  
G. John Delory and Joseph D. Leonard  
Joanne Fortunato  
Karen and John Graf  
John and Jane Husson  
Wendell Lorang and Sherry Gold  
Patti Schachter

COMMUNITY PARTNERS

A.J. Rinella Co.  
Austin and Company  
B’nai B’rith Gideon Foundation  
Ballston Spa National Bank  
Bank of America  
Borton Family Charitable Fund  
Bouchey Financial Group, Ltd.  
Brown & Brown, Attorneys at Law  
Bullard, McLeod & Associates, Inc.  
Capital Bank & Trust Co.  
Capital Cardiology Associates, PC.  
Capital Communications Federal Credit Union  
CEO  
Chazen Companies  
Community Resource Federal Credit Union  
CSArch  
Duncan & Cahill  
Faith Lutheran Church  
Field Goods  
First Reformed Church  
First Unitarian Universalist Society of Albany  
First United Presbyterian Church  
Foy Foundation Advised Fund of The Community Foundation for the Greater Capital Region  
Franklin Charitable Giving Program  
Full Spectrum Communications  
GE Foundation  
Harter, Secrest & Emery, LLP  
HealthyME Living  
Hewlett Packard  
Hill & Markes  
John Faunce and Alicia Tracy Roach  
Fund of The Community Foundation for the Greater Capital Region  
The Johnson Controls Foundation  
Jonesville United Methodist Church  
Joseph Mangione, Inc.  
Judith Fetterley Donor Advised Fund  
University at Albany  
Keeler Motor Car Company  
Charitable Foundation  
Key Bank Foundation  
Land Trust Alliance  
Life.Church Albany  
Lurie & Co., CPAs, PC.  
M & T Charitable Foundation  
Machnick Builders, Ltd.  
Marra’s Pharmacy  
Martin, Harding & Mazzotti, LLP  
Massy Charitable Foundation  
McCarthy Charities  
Mountain Top Septic  
NTB Bank  
The Niles & Carl Group  
nursery at Liddledale Farm  
Pioneer Bank  
Rensselaer Polytechnic Institute

ROOSEVELT GROOMING COMPANY  
Saratoga National Bank  
SEFCU  
Split Rock Charitable Foundation  
St. Augustine’s Church  
St. John’s Episcopal Church  
Stewart’s Shops  
Students for Peace and Survival  
Suyvesant Plaza, Inc.  
Sylvestre E. Labanowski Fund of The Community Foundation for the Greater Capital Region  
The Times Union  
Trampoline Design  
Troy Innovation Garage  
Trusco Bank  
U.W. Marx, Inc.  
Ungerman Electric  
United Group of Companies  
Upper Hudson Planned Parenthood  
Van Rensselaer Garden Club  
 Von’s Service Station  
Walter Pratt & Sons, Inc.  
YWCA

INDIVIDUALS ($20+ total)

Geoffrey and Kristen Abbas  
Elizabeth and James Addeo  
Doris Allen  
Lisa and Chris Allison  
Lauren Alpert  
Wallace and Jane Altes  
Thomas and Linda Anderson  
Lou and Donna Anthony  
Willow Ares  
Kory Aversa  
Janet Axelrod  
Michele Bager  
Kathleen Bartley  
Laura and Paul Bartosik  
Katherine Beam  
Sharon Bedford and Fred Alm  
Karen Beetle and Victor Anderson  
Tim Bell  
Anthony and Shana Belsito  
Liz Benjamin  
Dr. Robert Benton and Dr. Diane Rourke  
Elisabeth Berberian  
Michael Berger and Abbie Kiley  
Sharon Bette  
Brandon Bielec  
Assie Bishop  
Michael Bloom and Mary Millus  
Danielle Bohl  
Jacqueline Bokus  
Bernice Born Ledeboer  
Jeri and Robert Bosman  
Peter Bowden and Sharon DiLorenzo  
Barbara Bradley and Tom McGuire  
Thomas Brady and Lorraine Keegan-Brady  
Mary and Bob Brand  
Andrea and Bill Breen  
Curt Bremnan and Miriam Pye  
Patty and Mark Brennan  
Daniel and Maryann Brennan  
Hon. Neil Breslin  
Paula and Richard Brewer  
Dorice Brickman  
Janet Britt and John Dojka  
Jen Buss  
Dr. James and Marnie Brooks  
Peter and Debbie Brown  
Iris Broyde  
Sharri Brunner  
Mark Bryant and Lisa Callahan  
Charles and Charlotte Buchanan  
Patricia M. Burch  
Doug Burns and Michele Pigliavento Burns  
Susan and Joshua Callaghan  
John and Patsy Carl  
Cynthia Carlstead  
Prentiss and Frieda Carnell  
Tim Case  
Mike Chojnacki MD  
Terri Christian  
Angelo Christo  
Robert Clancy and Lauren Payne  
Rhea Clark  
Rae Clark  
Judith and Louis Clough  
Beth Coblish  
John Cochran and April Clas  
Jeff and Debbie Cohen  
Jennifer and Thomas Condon  
Edward and Susan Connolly  
Jim and Phyllis Conroy  
Hon. Richard Conti and Steve Snow  
Anne Conway  
Dr. Edwin J. Cook and Patricia Zalinka-Cook  
Matt and Penny Cooper  
John and Sue Corey  
Kevin Corinis  
Emily and Matthew Cote  
Stephan Cowan and Lucille Marion  
Leslie John Craigue  
Samantha Cramer  
Stephen Crouchley  
Sharon and Edward Cupoli  
Lorraine and John D’Aleo  
Anthony D’Amato  
Richard Dana  
Marianne Daniels-Bress  
Diane M. Darbyshire  
Monica and Sandwip Das  
Elsa deBeer  
Hannah Deen  
Christina and Alex Dell  
Lauraine Denault  
Rebekah Desjardins  
Pat and Emil DeToffol  
Dee Dee Diccico-Craft and Mike Craft  
Jennifer Dodge  
Hon. Cynthia B. Doran  
Denise Dougherty  
Barbara and Daniel Downs  
Katie Doyle and Eric Rogers  
Ronald Dunn and Linda Pelesi-Dunn  
Jo Ann Dunne  
Joseph Durkin and Linda Stadtlender  
Ann Duszka  
Frederick Eames  
Henry Ehrlich  
Ingrid Eley  
Narine and Chuck Ellett  
Jeffrey and Lorraine English  
Mike Esposito  
Raymond E. Essiembre and John Falciano  
Tambra Estill  
Vanessa Etherington and Jeffery DiStefano  
Eitan and Malka Evan  
Amy facca and Fred Cavley  
Kerry Fagan  
Honorable Patricia Fahey  
Robert Fakundiny and Anne Finch  
Christopher and Jacqueline Falvey  
James and Barbara Featherstonhaugh  
Barry and Leslie Feinman  
Henry and Joan Ferguson  
Eric Ferraro and Katie Gorham  
Ariane and Michael Field  
Edward and Ellen Flink  
Deirdre Fogarty-Harris  
Reg Foster and Maryann Jablonowski  
Wendy and John Fox  
Jennifer Freeman  
Lisa Frisch  
Olivia Gagliardi  
Deborah Garvey  
Hon. James Gaughan and Keith Lee  
Marie Gavazzi  
Marjorie Geiger  
Carolyn B. George and Michael M. Wright  
Jean and Antoine Gerbini  
Lewis and Barbara Gershman  
George and Marie Giokas  
Bradley Glass and Carrie Ward  
Stephen and Cathy Golas  
Gary David Gold and Nancy Pien  
Owen Goldfarb and Friscilla Fairbank  
Jane and Neil Golub  
Nancy Goody and Gregg Bell  
Steven Greenstein and Evelyn Katz  
Greenstein  
Cory Griffard  
Peter D. Grimm  
Margaret Guilloire  
Carlos and Patricia Gutierrez  
Winston and Deborah Hagborg  
Lisa M. Hall  
Pattie Hannah  
Kimberly Hannell  
Denise Harlow and Blake Pavlik  
Katharine Harris  
Martin W. Hatcher and Mardi Crawford  
Dr. Theodore and Jessica Hauser  
Dr. and Mrs. Gerald Hauser  
Bethany Hawke  
Brenna, Nadine and Megan Healy  
Mary Jo Heenan  
Keion and Michael Hennessey  
Janet Hickey  
Kimberly Hickox and Mark Crabbe  
Barbara Highbee  
Jonathan Hoffman  
Mike Hopple  
Marlene Horne  
Julie Hoskinson  
Ellen and Robert Hotz  
Joel Howard and Teri Kleinman  
Terry Hoyt  
Most Reverend Howard J. Hubbard  
Ann and Richard Jacobs  
Hon. Kathy and Vince Jimino  
E. Stewart Jones, Jr. and Kimberly Sanger Jones  
Russell Jones  
Herb and Linda Jurist  
Alexander Jurkat and Elizabeth Morss  
Pauline Kamen Miller and Frederick A. Miller  
Susan Keating and George Cushing  
Gordon and Judy Kilby  
Arthur and Heather Kilmer  
Richard L. Kinney and Joan E. Mcgee  
Noelle Kinsch and Honorable Darius Shahinfar  
Amy Klein  
Christine Kleinegger  
Rebecca Koch and Justin Pfeiffer  
Anoush Koroghlian-Scott and Paul Scott  
Laurie and Ellen Kroll  
Susan Kowsky  
Andrew Krarmarchy  
Gwen Krause  
Preya Krishna-Kennedy and David Kennedy

PAGE 9
Contributions From Our Friends

Eileen and Kevin Lang  
Barbara Lawrence  
Liz Leith  
Karina Krasevac-Lenz and Douglas Lenz  
Meika Lee and Matt Alinger  
Kersten Lörcher and Sylvia Browne  
Mike and Patricia Loudis  
Pamela Love  
Hedy Lowenheim  
Valerie Lucas  
Kerri and Kevin Lynch  
Ronda Lyons  
Dianne MacFarland  
Claire M. Malone  
Dorothy Malossi  
Barbara and Charles Manning  
Gordon and Linda Mappes  
Kathryn Marchini  
Maura and Ira Marckx  
Anthony and Bonnie Mariano  
Mike Marino  
Christine Martino  
Joseph Mascarinas  
Danielle Maslowsky  
Andrew Marsh and Kathleen Mattes  
Barbara and Brian McCandless  
Laura and Adam McCarthy  
Rebecca McConaghy  
LuAnn McCormick, PhD and Karen Foley  
Dr. James and Amy McDonnell  
Kathleen McElligott  
Matthew and Christy McElligott  
Noreen McKee  
Assemblyman Steve McLaughlin  
George and Kathleen McNamee  
Christina Meiers  
Peter and Donna Meixner  
Benjamin and Ruth Mendel  
Wendy and Rudy Meola  
Jacqueline Merrick  
John and Marney Mesch  
Wayne Metsch and Lynn Gelheiser  
Anne Miller  
Chloe Mincher  
R. Mihran and Ovassana Mooradian  
Millicent Morris  
Paul Murray  
Jill Nagy  
Annette Nanes and Scott Meyer  
Anne and Tom Nardacci  
Helen Nelson  
Cynthia Nixon  
Lynette and Bernard Noonan  
Rosemary Oathout  
Mary Beth O’Brien  
Kevin and Pat O’Bryan  
Phyllis Ochs  
Thomas’ O’Connell and Christine Munisak- O’Connell  
Patricia O’Connor and Marion Terenzio  
Harry and Kathy Odabashian  
Michael and Heather O’Heaney  
Geralyn O’Reilly  
Jaron and Lisa Packer  
Debra Palmer  
Belinda Palombo-Gordon  
Enkelejda Papa  
Hannelore and Ralph F. Passonno Jr.  
Marguerite and Norris Pearson  
Barbara Peer  
Sandra Penny and Justin Miner  
Susan Perkins  
Ann Plao and Dave Hochfelder  
Debra Piglaiavento and Don Edmans  
Jenna and Jack Pitera  
Elizabeth Pohlmann and Harald Moore  
Susan Poisson-Dollar and Jerry Dollar  
Michele Pollard  
Samantha Pooler  
Julia Popova  
Jean Poppei  
Lois and Don Porter  
Fred Pfeiffer and Melanie Pores  
Jim and Wendy Prout  
Maureen and Patrick Quinn  
Phyllis and Ray Ratte  
Patricia Raup  
Mr. and Mrs. Thaddeus Raushi  
Matt Razanoukys  
Dr. Nedra Reed and Dr. Gladys Craig  
Cheryl Reeves and Martha Schultz  
Sandle Reizen  
Emily Reymold  
William Reynolds and Ingrid Sorensen  
Kerri and Phil Richards  
Mark Richardson  
Stephen and Susan Rider  
Moira and Thomas Rienzo  
Ted Riese and Keri Graves  
Pat Rogers  
Joan Rogers  
Jane Roodenburg  
The Rosen Family  
Elena Rosenbaum and Steve DiStefano  
Meisha Rosenberg and Roddy Collins  
Nancy Ross and Bob Henshaw  
Lisa and Malcolm Roth  
Sharon and Harry Roy  
Mark Rubin  
Gail and Joe Sacco  
John Sanborn  
Anne Savage and Michael Myers  
Kay and James Schlembach  
Elisa Schneider and Erwin Bernhart  
Abigail R. Schumacher-Benoit and John Pevey  
Robert and Gail Schwartz  
Lisa Scoons  
Michael and Nancy Scott  
Lauri and Florence Selin  
Lily Shafer  
Ankanksha Sharma  
Honorable Kathy and Mr. Robert Sheehan  
Susan Shipperd  
Mari Shopsis and Eliza Kent  
Mrs. Donna Simms  
Omnolee and Larry Smith  
Perry Smith and RoseAnne Fogarty  
Raymond and JoAnn Smith  
Janice and Stan Smith  
Marsha Smith  
Florence and Michael Snow  
Jennifer Seber  
Marilyn W. Soucy  
Edward and Kathy Stone  
Susan Stah- Cooper and Chris Cooper  
Punkin Stephens and Lisa Tackley  
Jane Bucci Stewart  
Howard and Margaret Stoner  
Florencia and Thomas Suraci  
James Surano  
John Swendsen  
Dorothy Y. Szymaszek  
George Tanner and Resa Siegel Tanner  
Frank and Liz Therrien  
Patty Thomma  
Chris Thorne  
Robin and Daniel Tobin  
Congressman Paul Tonko  
Jake Toth  
Ida Traschen  
Diane and Stephen Trowbridge  
Jessica and Steve Trowbridge  
Peggy Tully  
Kathleen A. Turek  
William Tuthill and Gregory Anderson  
Terry and Dan Tyson  
Christine Urbano  
James Valentino  
Laura Van Deisen and Bob Van Achen  
Nancy A. Van Vranken  
Lee Vaughan and Varada Pandya- Vaughan  
Jennifer Vazquez  
Erica Veil and Peter Fox  
Joseph Visalli and Matie Flowers  
Gail and Larry Volk  
Beth Walsh and Chris Maier  
Moira and Corey Walsh  
Kathleen Ward  
Bruce Weber  
Dawn Stuart Weinraub  
Colleen and Dean Whalen  
Kathleen and Betty Whalen  
Rebecca and Corrie Whalen  
Dorsey M. White  
Michael and Margery Whiteman  
Chris Wilber Howard and Richard Howard  
Barbara Wiley  
Amy Williams and Hon. Pat Madden  
Jacqueline Williams  
Rodney Wiltshire Jr. and Jolene Wiltshire  
Karen and John Wolner  
Agnes Zink

TRIBUTES IN MEMORY OF:

Chico Christopher  
by Anonymous  
by The Christopher Family  
by Susan Moyle Lynch  
by Nina Pattison  
Dexter Groesbeck  
by Deborah and John Bennett  
Theresa Hayden  
by Ethan Glasser-Camp  
by Ryan Govostes  
by Members of Pokingbrook Morris  
Dean Leith  
by Judith Austin-Rancourt and Charles Rancourt  
by Matthew Bender, IV and Phoebe Powell Bender  
by Tom and Susan Blandy  
by Jim and Catherine Blau  
by Bryce Funeral Home  
by Jonathan and Anne Cassidy  
by John and Joyce Chupka  
by Judy and Tom Clement  
by Mrs. Lureen DeBonis Cardish  
by Lori Doyle and Alan Moore  
by Margaret and Michael Fleming  
by Mae Flynn  
by Kathy and Timothy Gilchrist  
by Michael Halloran  
by Alane and Paul Hohenberg  
by Scott Hollander  
by Drs. William and Mary Kahl  
by Candice Kaye Weyand  
by Garry and JoAnn Kearns

Sponsor-a-Student in the Produce Project

Become an Event Sponsor for our annual Spring Brunch

Help our constituents thrive by becoming a program sponsor

Email Rebecca Whalen at devmanager@capitalroots.org or call 518-274-8685 for more information.
In support of the Veggie Mobile®’s 10th anniversary, I’d like to donate $_____.

WISH LIST

Baskets
- Folding carts for Squash Hunger pick ups
- Heavy duty utility cart on wheels
- Gas lawnmowers and rototillers (working)
- Lengthy garden hoses
- Computer tech support
- Bud’s Florist and Greenhouse
- C.C. Vagabonds
- C.D. Perry & Sons, Inc.
- Chill Smith Collective
- Cobleskill Plant Science Department
- Coco Mangos
- Constantines
- Cornell Cooperative Extension
- Culligan Water Co.
- Ellen Flink
- The Fresh Market
- Georges Nursery
- Greenbush Child Caring Inc.
- Lisa Hartman
- Hewitts Garden Center
- Honest Weight Food Co-op
- Kimono Dragons
- Richard Kotlow
- KeyBank
- Krug Farm
- Jane Marie Leamy
- Drea Leanza
- Natalie Lindop-Braun
- Mary Malcolm
- Patty Marengo
- Ed Martinez
- Moxie’s Llama WaterWorks LLC
- Tom O’Connell
- The Parlor

TRIBUTES IN HONOR OF:

Paul Ashline
by Jiná Ashline
Jennifer Betsworth
by Matthew Shepherd
Cohen Family
by Donna and Andy Goldsager
Henrietta Fantroy
by Dr. Mazine Fantroy-Ford
Ryan Govostes
by Apple, Inc.
Amy Klein & Sharon DiLorenzo
by Nancy Klepsch and Lauren Pinsley
Carolyn and Bill Sarbello
by Deborah Kulbako-Arnold and Richard Arnold
Edward Noel Wilson
by Christine Boice Saplin

IN-KIND DONORS

Virginia Bartos
Blackhorse Farms
Becker’s Farm
Sharon Bedford
Joan Bobier
Bud’s Florist and Greenhouse
C.C. Vagabonds
C.D. Perry & Sons, Inc.
Chill Smith Collective
Cobleskill Plant Science Department
Coco Mangos
Constantines
Cornell Cooperative Extension
Culligan Water Co.

To make a donation, call: 518-274-8685

SUPPORT CAPITAL ROOTS WITH A DONATION TODAY!

Name: __________________________ E-Mail: __________________________

Phone: ______________ Address: ________________________________

☐ In support of the Veggie Mobile®’s 10th anniversary, I’d like to donate $_____.

☐ $35 Friend ☐ In honor of
☐ $60 Sponsor ☐ In memory of
☐ $120 Supporter
☐ $300 Benefactor

I’D LIKE TO GET INVOLVED

☐ Volunteer in the office with our Operations Team

☐ Spend a Thursday or Saturday at the Produce Project 8th Street Urban Farm

☐ Help out at one of our fall gleanings with the Squash Hunger program

Double your impact by asking your employer if they will Match Your Gift!
Join Capital Roots for our annual farm-to-chef extravaganza!

THE HILTON GARDEN INN
235 Hoosick Street, Troy
Thursday, September 28, 2017
6:00PM-9:00PM

Purchase tickets on-line at
WWW.CAPITALROOTS.ORG